

## EARLY MORNING FATIGUE

When you awake in the morning feeling tired out, feeling worse in fact than when you went to bed, you are confronted with one of the characteristic symptoms of neurasthenia. It is due to the run-down condition of the nerves that rest does not bring renewed strength and sleep refresh the tired brain. Overwork and worry are the most frequent causes of this condition. Neurasthenia is the name given to this common form of nervous debility in which the power to recuperate is gone.

The blood can be built up so that it will increase the supply of needed elements to the wasted nerves and this is the only way that the nerves can be reached. Dr. Williams' Pink Pills are a tonic that especially builds up the nerves because they supply to the blood the elements that the nerves need. Many nervous disorders, sometimes chronic ones, have yielded to this tonic treatment with Dr. Williams' Pink Pills when other methods failed to give relief. They are certainly worth a trial.

Dr. Williams' Pink Pills are sold by druggists everywhere or will be sent by mail, postpaid, on receipt of price, 50 cents per box, six boxes \$2.50 by the Dr. Williams Medicine Co., Schenectady, N. Y. Write today for free book on the nerves.

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Because of Eczemas, Rashes, Chaps, Etc.? If So

CUTICURA SOAP AND  
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Will afford instant relief and quickly heal even when all else has failed.

On retiring bathe the hands freely with Cuticura Soap and hot water. Dry, and rub Cuticura Ointment gently into the skin for a few minutes. Wipe off surplus Ointment with soft tissue paper or leave it on and wear old gloves or soft bandage during night.

Sample Each Free by Mail With 32-p. Skin Book on request. Address post-card "Cuticura, Dept. 11, Boston." Sold throughout the world.

PEACE RUMORS  
JUMP PRICE OF  
GERMAN MARK

Sensational Rise on Amsterdam Exchange—French and British Money Also Gain.

London, April 19.—The value of the German mark rose sensationally on the Amsterdam exchange Monday on various peace rumors. Both French and British money also showed slightly higher quotations.

## HEAVY EARTHQUAKE SHOCKS.

Center of Disturbance About 4,200 Miles from Washington.

Washington, April 19.—Very severe earthquake shocks were recorded during Monday night on Georgetown university seismographs. The shocks began at 11:20 p. m. and continued until 12:30 a. m. It was estimated the center of disturbance was about 4,200 miles from Washington.

## CASTORIA

For Infants and Children  
In Use For Over 30 Years  
Always bears  
the  
Signature of *Chas. H. Hitchcock*



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FELLER CHICKENS!"**  
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department supplies  
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**BABY BUSTER  
CHICK FEED**  
you will never be  
in the hospital. Never  
any sickness and  
everybody happy.  
The fish it contains  
makes a great relish.

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**FLOOD & CONKLIN CO.'S VARNISHES**  
These are durable, waterproof varnishes that dry quickly  
and will not mar or scratch white.

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O. K.'S SUSSEX  
DEMANDS

Washington's Last Word in  
Submarine Controversy  
Is Now Ready

UNITED STATES  
WISHES TO BE MET

Gerard Is Believed to Have  
Been Told Berlin Desires  
to Accede in Case

Washington, April 19.—The cabinet discussion of the submarine crisis yesterday resulted in no change in the situation, and it was announced that nothing had come up to prevent the dispatch of the American note to Germany, as planned, probably to-day.

Count Von Bernstorff's engagement to discuss the situation with Secretary Lansing in general terms late yesterday afternoon, it was indicated, will not delay the sending of the note or cause any change in its terms. The German ambassador, in asking for the conference, was acting under instructions from his government.

It was understood that the ambassador had no instructions to discuss any specific case now in controversy between the two governments, but to take up the subject broadly and to seek the viewpoint of the American government in the present situation.

There were some indications yesterday that Ambassador Gerard has been informed by the Berlin foreign office of its desire to meet the wishes of the United States, if it is shown that the channel steamer Sussex was destroyed by a submarine in violation of the German government's instructions, and that Count Von Bernstorff was authorized to make such a statement in general terms to Secretary Lansing.

Although Senator Stone, chairman of the foreign relations committee, said yesterday morning he had no appointment at the White House, it was given out there that both the senator and Chairman Flood of the House foreign affairs committee would be shown the note before it was sent. No time was set for the visit of the Congress leaders.

While this expected visit of the chairman of the committee has to do with foreign affairs is referred to as a consultation, it is well understood that it is not a consultation in the sense that the administration has any intention of changing its course because of any advice from the two chairmen.

Because the president is not seeking guidance from leaders in Congress opinion in some quarters is that the administration does not consider the controversy is yet at the breaking point. The view is that Germany will mend her ways in such fashion as to avoid a rupture.

Congress is showing much more indifference to the present crisis than it has to some of those which have arisen in recent months. Nothing like the excitement is apparent which was prevalent after the conference of the president with Senators Stone and Kern and Representative Flood at the time of the armed ship controversy. President Wilson at that time gave leaders to understand he would consult Congress before there was a break. But it is evident the president does not intend to submit foreign relations to Congress and ask it to decide what shall be done.

It was learned some of the foremost administration leaders in Congress have gained the impression Germany will make important concessions.

1,000 in Strike Riot.

Hastings-on-Hudson, N. Y., April 19.—A riot occurred at the plant of the National Cable & Conduit company yesterday when 1,000 striking employees attacked a gang of workers who had refused to go out. Many were hurt.

BANKERS WANT  
ALIENS' SECURITIES  
TAX-EXEMPT

Boston Interests Among Those Protest-  
ing Against Treasury Department's Ruling.

Washington, April 19.—The treasury department's recent regulation holding that the income tax law applies to American securities held by non-resident aliens was assailed yesterday by financial and railway interests of New York, Chicago, Boston and Washington, at a hearing before Assistant Secretary Malburn.

Reconsideration of the order was sought on the grounds that its enforcement would lower the value of American securities held abroad and that the supreme court's recent decision upholding the validity of the law did not give the department authority to make such a regulation.

Mr. Malburn announced that he would set aside the order if he could be convinced that the department was without authority. It is effective May 1.

ASQUITH CABINET  
STILL AT ODDS

British Premier Forced to Withhold the  
Promised Statement on Recruiting Situation.

London, April 19.—Premier Asquith did not make his expected statement in the House of Commons on the recruiting question yesterday, according to an official announcement made at 12 Downing street.

The postponement of the premier's statement, which he had promised to make in the House of Commons yesterday afternoon, was taken as an indication that the cabinet ministers were unable to reach an agreement on this subject which has brought about the most serious crisis which the prime minister has had to meet in his eight years as the head of the government.

The decision came as a complete surprise to those not within the inner circle, but it later transpired that negotiations had been in progress in the course of the night and early yesterday morning with that end in view.

Besides the cabinet meeting there was a conference of the special committee appointed to make a final effort to bring about a solution of the problem, but like that of the cabinet, it was unable to reach an agreement, and a postponement of the premier's statement became imperative unless an immediate break-up of the coalition was to be faced.

In explanation of the postponement of his statement, Mr. Asquith told the House of Commons there were still outstanding some points without which his statement would be incomplete and inadequate. He hoped to be in a position to deal with the entire matter to-day.

LIVES OF WOMEN  
LONGER THAN MEN'S

United States Investigators Find That  
Expectation of Life for Males Is  
49.9, for Females 53.2—Infant  
Mortality Is Still High.

Washington, D. C., April 19.—Director Sam. L. Rogers of the bureau of the census, department of commerce, is soon to issue a unique set of tables, the first of their kind which have ever been prepared by the United States government. These tables, which were compiled in the division of vital statistics, under the supervision of Professor James W. Glover, of the University of Michigan, show death rates and expectation of life at all ages for the population of the six New England states, New York, New Jersey, Indiana, Michigan and the District of Columbia (the original death registration states) on the basis of the population in 1910 and the mortality for the three years 1909, 1910 and 1911. They are similar to the "life tables" prepared by life insurance companies, but differ from them in that they relate to the entire population of the area covered, whereas the life insurance tables relate only to risks selected through medical examination and otherwise.

Expectation of life, at birth, in a stationary population—that is, one in which the births and deaths were equal and were the same from year to year, and in which there was no immigration or emigration—would be the same as average age at death, which is calculated by totaling the ages of all deceased persons and dividing the result by the number of deceased persons.

According to these tables the average expectation of life, at birth, for males is 49.9 years; for females, 53.2 years; for white males, 50.2 years; for white females, 53.6 years; for native white males, 50.4 years; for native white females, 54.2 years; for negro males, 34.1 years; and for negro females, 37.7. Females are thus longer lived than males to the extent of more than three years, and in the case of the native whites and negroes, more than three and one-half years.

The expectation of life at the age of one is considerably greater than at birth, being 56.8 years for native white males and 59.5 for native white females, and reaches its maximum at the end of two, when it is 57.5 for the former class and 60.1 for the latter. At the age of 12 the average native white male's expectation of life is 50.2 years; at 25 it is 39.4 years; at 40, 33 years; at 50, 21.2 years; at 60, 14.6 years; at 70, 9.1 years; and at 80, 5.2 years. Similarly, at the age of 12 the average native white female's expectation of life is 53.6 years; at 25 it is 41.8 years; at 40, 30.3 years; at 50, 22.8 years; at 60, 15.8 years; at 70, 9.8 years; and at 80, 5.5 years.

A part of the difference between expectation of life for men and for women is due to the greater number of violent deaths among men. Nearly four-fifths of these violent deaths—suicides, homicides and accidental deaths—are of males, and such deaths form about 7 or 8 per cent of the total number occurring each year. This fact, however, does not account fully, or even in major part, for the greater longevity of women. An examination of the tables discloses a lower death rate for females than for males during each of the first 12 months of life, and, in the case of the native whites, during each year of life up to the age of 84. During the first month of life the death rate among native whites is nearly 28 per cent higher for boys than for girls, and during the first year it is more than 20 per cent higher.

Infant Mortality Still High.  
The enormous waste of infant life sickness, there is nothing better.—Adv.

Two Gold Medals  
Glenwood  
Ranges and Heaters

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gave Glenwood Coal Ranges, Gas Ranges, Furnaces and Heaters Two Gold Medals, the Highest Honors at the Panama-Pacific Exposition, San Francisco, 1915.

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Glenwood Ranges are Handsome, Convenient and Mechanically Right—no modern features lacking. Smooth cast, plain design, compact structure, big roomy ovens, easy working grates and countless other features. Call and see for yourself all the good things about them.

They Certainly Do

## Make Cooking and Heating Easy

Reynolds & Son, Barre

which still goes on, although medical science has done and is doing much to arrest it, is shown by the exceedingly high death rates which prevail among infants under one year of age. Of 100,000 native white boys born alive, 4,973, or almost 5 per cent, die during the first month, and 12,602, or 12.6 per cent, die within one year. The girl baby's chance of life is considerably better, the death rate among native white females during the first month being 3,894 per 100,000 born alive, or less than 4 per cent, and during the first year 10,460 per 100,000, or nearly 10.5 per cent.

On its first birthday, however, the likelihood that a child will die within the year is only about one-fourth as great as it was at birth, the death rate among native whites during the second year being 2,841 per 100,000 for males and 2,619 per 100,000 for females. The rate continues to decrease until the 12th year of life—that is, the period between the 11th and 12th birthdays—during which it is only 228 per 100,000 for males and 198 per 100,000 for females. This, the figures indicate, is the healthiest year of life among native whites. Thereafter there is a continuous increase in the death rate from year to year. During the 48th year of life, in the case of native white males, it is 1,267 per 100,000, or almost exactly what it was during the third year, 1,266; during the 62d year it is 2,919 per 100,000, or a little more than during the second year, 2,841; and during the 80th year it is 12,184, or somewhat less than during the first year, 12,602. Similarly, among native white females the rate during the 50th year, 1,120, is a little less than during the third year, 1,144; during the 63d year it is 2,548, or somewhat less than during the second, 2,619; and during the 80th it is 10,901 per 100,000, or a little more than during the first, 10,460. The native white man at the age of 102 and the native white woman at 99 have approximately the same prospect of dying within one month that they had at birth.

## HOW TO REGAIN STRENGTH

The great factor that retards recovery after sickness is that weakened or vitiated condition, and it will interest our readers to know that our local drug giet, Floyd G. Russell, Prop., of the Red Cross Pharmacy, has a reliable, non-secret strength creator called Vinol, which contains iron for the blood, the curative medicinal extractives of fresh cod livers and the nourishing properties of beef peptone, all combined in a delicious native wine. For weak, run-down conditions and to regain strength after illness, there is nothing better.—Adv.

## TO MAKE 1916 COUNT OF BIRDS

Biological Survey Calls for Volunteers to Count Birds.

Washington, D. C., April 19.—The third annual bird count of the United States will be made by the bureau of biological survey of the U. S. department of agriculture during the breeding season in May and June. In making this survey the bureau will rely largely on persons interested in bird life who agree to act as volunteer enumerators and count the different kinds of birds found in a 40- or 80-acre farm or woodland tract near their homes. The counts thus made by unpaid observers during the last two summers have furnished to the department valuable data on the character, number and distribution of the bird population.

This year the ornithologists of the department wish particularly to secure a large number of volunteers in the West to report on the bird life in the plains, the semi-arid regions, the deserts and the mountains in that part of the United States. Especial attention also is to be given to securing data as to the birds in the fruit districts of the Pacific coast and in the south Atlantic and gulf states.

The information collected this year it is believed will be of special value in enabling the department to test the effect of state and national bird laws and also in determining what relationship exists between bird life and the prevalence of locusts, grasshoppers and other insect pests in different localities.

As it is impossible to make an actual count of all the birds in any extended district, each enumerator is asked to report only upon the number of birds breeding in a selected area of 40 to 80 acres in the country or suburban districts. From the figures thus obtained, those in charge of the work are able to approximate the total number of birds of each kind in different sections of the country.

Enumerators who wish to report on birds on farms are asked to choose an area which includes farm buildings, shade trees, orchards, plowed land, pasture or meadow or swamp, but not very much woodland. The enumerator begins his survey at daylight some morning and zigzags back and forth in the selected area, counting the male birds. Early in the morning during the last of May or the first week of June every male bird should be in full song and therefore easily counted. The count of one day is to be verified by observation on several mornings.

The height of the breeding season should be chosen for this work. In the latitude of Washington May 30 is about the proper date for the count. In the latitude of Boston the work should begin a week later, and south of Washington even an earlier date should be selected. In addition to reports on farms and suburbs, enumerators who can do so will be asked to report on the birds in a timber area of about 40 acres or in an isolated bit of woodland of from 10 to 20 acres. In the northeastern states, separate reports on the number of birds found in the wilder portions of the farms, preferably those surveyed in the earlier counts, are desired.

## KEEP LOOKING YOUNG

It's Easy—If You Know Dr. Edwards' Olive Tablets

The secret of keeping young is to feel young—to do this you must watch your liver and bowels—there's no need of having a yellow complexion—dark rings under your eyes—pimples—a bilious look in your face—dull eyes with no sparkle.

Your doctor will tell you ninety per cent of all sickness comes from inactive bowels and liver.

Dr. Edwards, a well-known physician in Ohio, perfected a vegetable compound mixed with olive oil to act on the liver and bowels, which he gave to his patients for years.

Dr. Edwards' Olive Tablets, the substitute for calomel, are gentle in their action, yet always effective.

They bring about that exuberance of spirit, that natural buoyancy which should be enjoyed by everyone, by taking up the liver and clearing the system of impurities. You will know Dr. Edwards' Olive Tablets by their olive color. 25c and 50c per box. All druggists.

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Wilmington, Del.—"I was suffering from a terrible backache and pains in my side, with bearing down pains and was very nervous. I was always tired, always drowsy, never could get enough sleep and could not eat. I had four doctors and each told me something different. I read of Lydia E. Pinkham's Vegetable Compound and decided to try it. I got good results and I now feel better than I have felt for years and I am gaining in weight. I can gladly recommend it to all women."—Mrs. GEORGE W. SEXTON, 1611 West 4th Street, Wilmington, Del.

Backache and bearing down pains are danger signals which every woman should heed. Remove the cause of these aches and pains by taking Lydia E. Pinkham's Vegetable Compound, that good old root and herb medicine. Thousands of women have testified to its virtues.

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